

Name - Mrs Creighton, School - Rose Ketelum, Class - 4 - IX Age 10-14, lesson P.T. No 5.  
Time allotted. Type of Rec. Activity Objective Method of Rec. Desired Out.

			Grade IV		
30	locomotive	Walk, run, skip, jump - reverse.	Muscle tone	Explanation	Develop endurance
5	Exercises	Arms bend u-s-t-o alternately, double, knee trunk bend s-s-t-o. legs jumping high in front.	Quick response	Demonstration	Body co-ordination
10	Games	Run & Pass Relay Shuttle "	Ability to catch & pass properly	Explanation	Sportsmanship.
10	Folk Dance	Dutch Couple Dorothy - D.S. P. 95 (Review)	Rhythm, correct steps	Demonstration & Description	Entertainment, feeling
			Grade IV		
30	locomotive	Walk, Skip, Jump Arms B & Stick. u-s-t-o.	Muscle tone	Explanation	Develop endurance
5	Exercises	Alt. A swing - rt l's. L. swing S-s. with th. click & easy movement	Quick response	"	Body co-ordination
10	dance	Dish洗 - D. S. P. 161 (Review)	Rhythm & lean steps properly	Demonstration	Individuality.
10	Games	Pass ball in circle along " (Review) Bounce & throw "	Avoid roughness & pass correctly.	Explanation	Team spirit.

## Folk Dances

The English Country Dance - Cecil S.	Samp
Bugler Camp	- "
Taropede	- .2
Paras Fancy	- .3
The Black Dog	- .4
Gathering Cascades	- .5
Wuffy Wuffy	- .6

## Folk Festivals - Mary Effie Ashembough

### folk dances for boy's ball

#### Austrian

Crab Dance - .64

Foot Swinging Dance - .66

New Hawaiian - .68

Seven Steps - .70

Straw Seller - .72

Stupid One, dancing quickly - .74

#### Bulgarian

Vlenski Hora - .16

#### Greek

A Deck Deck Dance - .28

#### Swiss

Welcome of Spring - .80

#### Sioux Indian

Dance to the Sun God - .1

Eagle Dance - .16

Dog Feast Dance - .19

Spur Dance - .23

#### Intermediate Grades

Flip - Dutch - - - - .49

Kendrickska - - - - .52

Koratlick Blacksmith African - .42

Metelysya Snow Storm African - .44

Reynik Catcher African - .46 401

Snow - winter — 20

Thousand (One) - Ukkaniemi — 54

### Amor Sign School

Bean Setting - Eng — 60

Coy Stock (M. stick) - Amor sign — 51

Chorus - Ukkaniemi — 61

Separation - " — 71

Mechanics (in Great Idea) - Amor — 28

La Lune - Ukkaniemi — 77

Colonyka - " — 81

Rocky Rd. & Willow - Linn — 68

### Dances of The People - Eng. translation

#### Grade 0

Our Little Bird (Swed) — 46

Seven Dances (Dan & Germ) — 70

7 Jolly Girls (Swed) — 43

Kustas' Shoe — 28

Alking ) — 74

Room Dance (Germ) — 73

Home, Let us in joyful (Eng) — 71

Go from the Room — 70

Grandmother dance (Swed) — 71.

#### Grade 1

Net Hopping (from) — 58

Up the Willow — 1

A mile (U.S.A.) — 2

Crescent (Dan) — 59

Million Rose (Eng) — 22

27 Antoli (Swed) — 39

Year Now — 50

Hennepin Chow - - 57  
 Fairie Queen - - 27  
 3 New Polka Queen - - 50  
 Tap-dance - - 17  
 3 New Rec. Dan - - 64  
 Hollands Quadrille <sup>and</sup> - - 33  
 3 Dance (var) - - 61  
 Lord .. (Scot) - - 9

Character dances for School Programs - Edna Norman

Grade IX

Beauty - - 17  
 Kate Duplicate - - 21  
 Pirates Gold - - 25  
 Hazy Dan - - 29  
 Manly moussettes - - 34  
 Russian 3 dance - - 42  
 The Merry Elves - - 48  
 Maria man - - 52  
 Trinity 2 dances - - 52  
 Sweet Piggy - - 55

Creative Activities in P.E. - Alice K. Horrigan

All Grades

Physical Ed - Springfield Public Schools - 1929.

Grade IX

1. Quadrille - - 38
2. Tinka - - 39
3. The Temper - - 42
4. St. 9-d Gig - - 43
5. Stomper Waltz - - 46
6. Rumba - - 49
7. Sardine - - 51
8. Hayfoot
9. Waves of Honey - - 59
10. Slovak - - 61

Fado of Troubles - 63  
 Skipping Rope -  
 Medley Clog - 67  
 The Tambourine - 71  
 Pavlova Gavotte - 73  
 Polish Mazurka - 73  
 Gavot & Pavanne - 74  
 Krakowianka - 79  
 Jockey Dance - 80  
 Of All The World Were Paper - 81  
 Wooden Shoes - 83  
 Russian Dance - 84  
 University High - 86  
 Here Was An Old man -  
 School Day Antics -  
 Tarantella - 89  
 Romaninskaia - 93  
 La Cachucha - 95  
 The Villages - 95  
 Invitation Polka -  
 The Pirates -

Grade IX - "Popular Ballroom Dances" - Parson.

Conservative Fox Trot	-	18
The Modern Waltz	-	34
Fairview Tango	-	48
Manhattan Foxtrot	-	64
College Shag	-	74
Rumba	-	80
Big Apple	-	88

## Games.

Graded lessons in Fundamentals of P. E.

- Baker - Warwick - Christensen.

### Grade I

Htt.- cap Relay -

Animal Relay - 323

Archway - 323

Balance Touch - 323

Bat Ball - 324

Cue Sleep Away - 325

Cross Tag - 326

Form letters - 327

Fox & Gees Dodge Ball - 327

Throw & Catch (Relay) - 341.

Games for the Playground - Home - School - Gym.

- Bennett -

### Grade II

Sax Ball - 321

Shoo-shoo - 326

Roly Poly - 399

Stealing sticks - 188

Bug Pile - 303

Color Spy - 360

Blackboard Relay - 53

Catch the Cone - 62

Cue over Coal - 307

Leaf by Leaf - 225

Tif, Tap, Toe - 237

Going to Jerusalem - 18

Scat - 234

Play Activities for Elementary Schools -  
Mabel La Falle.

Grade V

Pitching Horse Shoes	-	86.
End Ball	-	87
Head	-	89
Base or Ball	-	89
Step	-	90
Cat Snakes	-	91
Chinese Wall	-	92
Ram Sheep Run	-	93
Tug of War	-	93
Catch Ball Tug of War	-	94
Human Boulders	-	94

Physical Training for Elementary Schools -  
Clark.

Grade V

Last Man	-	240
German Cat Ball	-	240
Jump-Ball Tag	-	241
Bean Bag Race	-	242
Coste the Bear	-	244
Soldier Catch Ball	-	245

Grade VI

Wood Race	-	388
End Ball	-	389
Every Man in His Own Den	-	390
Push on the Rock	-	391
Basket Ball Distance Throw	-	393
Mountain Ball	-	397

Name - hois Peighton, School - Jesse Ketchum, Class - 5, Age - 10 Lesson - P. Teaching - No. 9.

Time Allotment	Type of Activity	Activity
30 mins.	Locomotive	Running, Skipping, etc.
5 mins.	Exercise	Aim. st. stick u-s-t-o alt. dt. in Cannon.
10 mins.	Dance	Kn. st. st. & toe ST.
15 mins.		Dodge Ball - Nelson - Van Hogen
	Grade IX	
30 mins	Exercise	Easy A. swing with fold & fold stick - 1ln. cd. & stick.
5 mins.		Ht. squat & sit up
10 mins	Dance	Shd. St. T. twist w A swing.
15 mins	Game	L swing s-s - ten lift.
		Irish Lilt - Finish.
		Obstacle Relay.

Will you try to select some very different activity for next time - not or common ones

J. A. S.

Name - Lois Creighton, School - Jessie Ketchum, Class - 5, Age - 10, Lesson - Practice Teaching, No. 8.

Time Allotment	Type of Activity.	Activity.
30 mins.	A. bend & stick, U-S-T-O. alt & db. T. bend S-S-T-U. Kn. bend & stick to toe S1.	← Exercise.
15 mins.	Games.	→
15 mins.	Games.	Sledge Ball - Nileon & Van Hagen P. 141.
30 mins.	Exercise.	easy A swing with fold & fwd. stick - Kn. bend & stick. T. bend S-S-T-U. L. swing S-S-W H. thick, kn. lift in front. Irish lilt - 5 <sup>th</sup> step. Dorothy La Salle - P. 161.
10 mins.	Dance	
10 mins.	Games	Quoit Relay.

1. Don't apply without permission
2. Tell your choice.
3. As friends of applicant tell school
4. Voice loud & get position.
5. If we apply immediately if possible tell school how
6. Acknowledge all letters promptly
7. Send back programs, etc.

#### Interview:

Personal appearance. Common sense of make-up.

#### Posture.

Attitude towards work. Interest & enthusiasm

Answer and ask questions.

Knowledge of work.

#### Letters -

Good appearance of letter.

Good plain paper. (Hand & Typ.)

"Yours very truly" - Yours sincerely if known

Interesting. Coherent. Ed. Exp. Some right  
to be found in 1<sup>st</sup> paragraph. General info -  
home, church. End with references.

#### Sample Letter -